

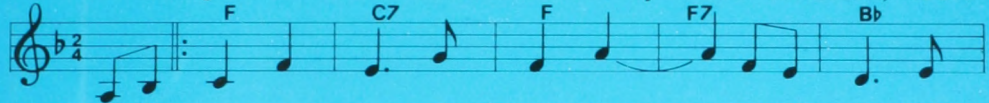
# the Outrigger

February 1981

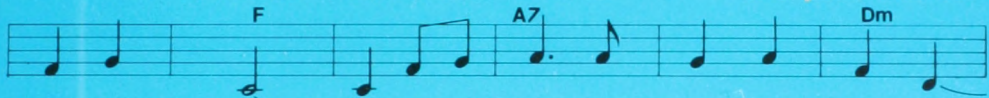
## Outrigger

Loud and Strong

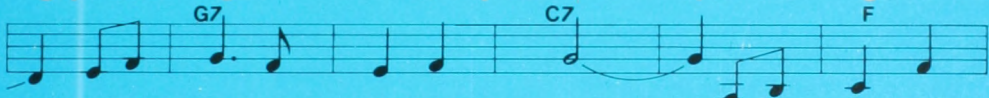
Words and Music by R. Alex Anderson, ASCAP



When the waves are up for surf-ing — And the sea is  
meets and surf-board rac-es There you'll find our



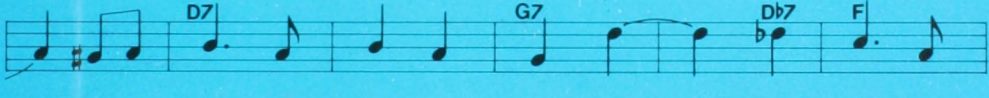
run-ning high — Our ca-noes and boards are out there  
guys and gals — Vol-ley-ball a sport we go for —



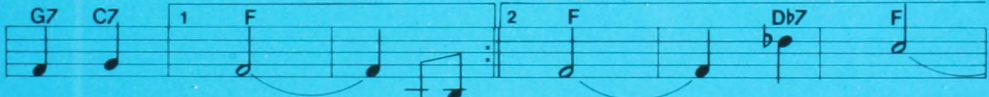
Where the waves are roll-ing by — When we meet our  
It's a game that brings us fame — From the shores of



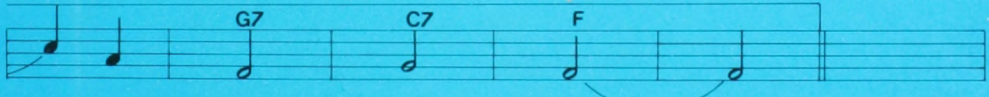
com-pe — ti-tion — On the land or on the sea —  
Mo-lo — ka-i — To the sands of Wai-ki — ki —



Al-ways out to win Out — rig-ger — Bring home the  
Ho-e ho-e hoe ho-e Out — rig-ger — Bring home the



vic-to — ry — Swim-ming by Bring home —  
vic-to — ry



— the Vic — to — ry —

Dedicated to the Outrigger Canoe Club and Adopted as Official  
Club Song 1981

Copyright 1980 R. Alex. Anderson

# Paddleboard Season Ends

Twenty-eight top Island paddlers competed in Outrigger's final paddleboard race of the 1980 series, a 10-kilometer (6.214 mile) competition in rough seas with 15-knot southwest winds.

The course was from the Outrigger beach, out the channel, around a turning flag offshore to Diamond Head buoy, then to wreck buoy and back around the turning flag to finish at the beach in front of the Club.

It was a fight to the finish as Bret Goodfriend and Keone Downing were on the same wave off the windsock. When Keone went to his knees he lost a stroke, and Goodfriend finished seven seconds ahead.

Division winners were: **Boys**—Matt Kresser; **Men**—Bret Goodfriend; **Women**—Kisi Haine; **Women Masters**—Robin Smith; **Men Masters**—Norman Dunmire.

Robin Smith's time of 1:54:38 set a new record, breaking her previous record 2:30:38 set August 15, 1980.

Refreshments and presentation of trophies concluded the event, which was supervised by chairman Dale Hope, assisted by Cline Mann.

Times for all follow:

	TIME	CLASS FINISH
Bret Goodfriend	1:23:28	M 1
Keone Downing	1:23:35	M 2
Ed Pestana	1:23:53	M 3
Jim Dean	1:27:03	M 4
Jonathan Howe	1:32:43	M 5
Jim Howe	1:35:05	M 6
Mark Cunningham	1:36:15	M 7
Kainoa Downing	1:37:00	M 8
Matt Kresser	1:37:53	B 1
Marc Haine	1:39:42	M 9
Greg Quinn	1:42:43	M 10.
Pat Kelly	1:47:54	M 11
Ian Emberson	1:48:15	M 12
Joey Napoleon	1:48:43	B 2
Keoni Kino	1:49:29	M 13
Darryn Napoleon	1:50:49	B 3
Kekoa Burgess	1:53:40	M 14
Kisi Haine	1:54:36	W 1
Robin Smith	1:54:38	WM 1 (Record)
Mike Tokunaga	1:58:22	M 15
Jerry Nishimoto	2:00:00	M 16
Norman Dunmire	2:07:28	MM 1
Mark Jackola	2:12:16	M 17
Joe Teipel	2:17:46	M 18
Ron Li	2:32:14	MM 2
Marcia Omura	2:37:49	W 2
Cassie Senner	(DNF)	G
Tony Price	(DNF)	B



Lincoln Scafe

Bret Goodfriend, Robin Smith and Norman Dunmire were top winners in the final paddleboard race of the 1980 series. Robin is holding the award presented to each division winner.

# Sing Along with Alex!

At last the Club has its own song, "The Outrigger," and appropriately enough it was composed by OCC's own Music Man Robert Alexander Anderson, who will introduce it at the annual meeting on February 23.

Born in Honolulu and educated at Punahou and Cornell University, Alex was a fighter pilot in World War I, a stint that saw him being shot down, wounded and imprisoned. He escaped to Holland, thence to England and home to Honolulu in 1919, where he began a lengthy, successful business career.

But it is Alex's music that we are concerned with at this point, and we'll wager there isn't a person reading this who hasn't, at one time or another, sung, whistled, hummed or at least lip-synched "Lovely Hula Hands," most successful of Alex's 83 published songs. It and two others, "Cockeyed Mayor of Kaunakakai" and "Mele Kalikimaka", sold more than a million records each.

Alex is a member of ASCAP, the prestigious American Society of Composers, Authors and Publishers, as well as of the American Guild of Authors and Composers and Dramatist Guild of Authors League of America.

Perhaps with members, visitors and friends humming the new tune, "The Outrigger" will become as famous as its predecessors. Thanks, Alex.

## ATHLETIC AWARDS

All members are invited to attend the annual Athletic Awards Banquet on Friday, Feb. 20. Cocktails will be served at 5:30, buffet dinner at 6:30. Price \$4.95. Sign up at the front desk to make sure you have a reservation.

Stephen Reide



Composer Alex Anderson at the piano.

## Bridge Notes

by Helen Rose, Bridge Club Secretary

On December 22nd a Christmas luncheon followed by 12 tables of duplicate bridge was enjoyed by OCC members and their guests. Large centerpieces of fresh holly from Seattle were brought in by Vickie Geist, who was in charge of the party.

Marion Senger was presented with the Marjorie Williams' trophy for 1980,

a trophy given each year to the OCC member winning the highest number of master points in our Monday duplicate games.

At the recent Armed Forces sectional bridge tournament held at the Princess Kaiulani Hotel, Tia Donnelly and Betty Midkiff placed first overall in the 99ers' event (under 100 master points).

Stephen Reide



THE WINNER: Tia Donnelly (left) presents Marion Senger with the trophy awarded for winning the most master points during 1980

## New Addition

It saves the Club money, it provides more efficient billing, it retrieves important information immediately . . . *IT*, of course, is our new Microdata 4520 computer which went into operation late last year. The system stores charge information daily, eliminating the 40-day time lag the accounting office experienced before the computer was installed to handle the 65,000 to 85,000 monthly transactions.

Photos show, Top: Controller Barbara Annis using one of the five computer terminals. Bottom: The more efficient, redesigned accounting office with staffers Ann Munsey, Marie Reide, Minnie Wren and Mieko Kurihara (front to back).



## Dates to Remember

February may be a short month but it's a busy one for Outrigger members. On the 20th, the Winged "O" sponsors the annual awards banquet, starting at 5:30 p.m. with no-host cocktails followed by a buffet dinner at 6:30. The awards presentation begins at 7, and from 8 to 10:30 disco dancing may be enjoyed on the terrace. It's all for \$4.95, so make a reservation at the front desk.

Another important February date to remember is the 23rd, when all voting members are urged to attend the annual meeting, starting at 5 p.m. in the main dining room. Reports from the retiring president, secretary and treasurer will be given, as well as those from heads of various committees, and directors for 1981 will be introduced. It's the opportunity for all members to participate in decision-making activities.

And a first—the first Outrigger song—will be introduced by its composer, Alex Anderson, accompanied by our dinner musicians!

## Log Your Swim Miles

In the Men's locker room there is a swim log book under the attendant's counter. In the Women's locker room there is a swim log chart on the wall. We urge swimmers to log their miles on the honor system and watch those miles mount up.

The Club gives mileage awards for 100, 250, 500, 750, 1,000, 2,000, etc. and several members are getting quite a collection of mileage-recognition plaques.

Your miles can be done at the Club, at another beach or in a pool, it's up to you. Just remember to record your activity.

For your information, it is a quarter mile to the fork and return to the beach. Get wet!

## In Memory

### Muriel S. Thurber

Deceased: January 12, 1981  
Club Member: 20 Years

### Paul E. MacLaughlin

Deceased: January 9, 1981  
Club Member: 28 Years

### Florence M. Allan

Deceased: December 19, 1980  
Club Member: 14 Years

### Oliver Kinney

Deceased: December 24, 1980  
Club Member: 27 Years

# Prevention in Health Care: A Myth or Reality?

by Sharon Jones Bintliff, M.D.

Four hundred years ago Michael de Montaigne said, "Health is a precious thing and . . . without it, life comes to be painful and oppressive to us. As far as I am concerned, no road that would lead us to health is either arduous or expensive."

Reforms in medicine beginning in the 1950s now highlight that medical care is now health care, medical schools are now health care centers and medical personnel are now health professionals. Health is now a fashionable term, but might there be a deeper significance and greater importance to this concept? Or is it just a new "buzz" word, leading to the proliferation of "health plans" and "health planners"?

To this date, the only beneficiaries of such plans appear to be Xerox, IBM, and other companies of their ilk. Would that the health of our nation were as good as that of their corporate health and as sound as that of their stocks!

More importantly, has the new trend toward concepts of health significantly improved the health of the people of this country? I think not. The following article explains why, and what I feel are yet major barriers.

Our current system of health care most universally available to most citizens is not health care but medical care, crisis intervention, restorative and curative medical care. Unfortunately, the public falsely assumes that the medical profession will take care of their welfare. And why shouldn't the public have these expectations when more than 10 percent of the gross national product, over \$140 billion annually, is allocated to medical expenditures. Yet the statistics tell us that our "public health" has not significantly improved since the advances that brought pure water, adequate sewage, food inspection, and, more recently, immunizations and antibiotics. Infant mortality rates still are embarrassingly high and many of our young and elderly are victims of a dual system of medical

care with inadequate access to crisis care and no preventive health care.

Before getting lost in my own frustration and thus losing my readers, I'd best define this illusive state-of-being called "health." The World Health Organization defined health as . . . "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." My own personal working definition is that health is the *daily* presence of the body (physical, mental and spiritual) in harmony with its environment. *Health* is a condition for which each adult must take his own responsibility. Parents or primary caretakers likewise are responsible for the health of their children and for modeling healthy lifestyles and attitudes.

Some friendly advice to all the unborn . . . to be truly successful and healthy, choose your parents wisely!!! Now we all know that our biological endowment is something over which we have little or no control. Thus I would be remiss not to discuss those factors in our lives affecting health over which we *do* have some control.

Lifestyle or, more accurately, self-created risks can be viewed in three ways: leisure activity risks, consumption patterns, and employment and occupational risks. Inappropriate or incorrect decisions will result in destructive modes of health that eventually contribute to an increased level of illness or early, untimely death. Yet we really have few if any incentives to encourage persons to make lifestyle choices more compatible with health, with the least self-created risk factors.

I don't know about the rest of you, but I deeply resent having to pay the same medical insurance premiums as overweight, non-exercising, chain-smoking, heavy-drinking persons who never buckle their seat belts, ignore the health of their children and indulge in drugs and chemical consumption of all varieties. A change in this hedonistic

behavior occasionally occurs after a life-death event, and even this wanes considerably as the length of time increases from the initial event. Let's face it . . . some people would rather be sick than sensible, would rather be sick than sacrifice anything. Prevention is not in their vocabulary, which creates serious doubts in my mind as to whether health education really works. Unfortunately, like TRIX cereal, most people think it is just for kids!

You'll have to excuse me now, I'm late for my regular afternoon martini on the Hau Terrace.

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## Club Marathoners

Just before this issue went to press, Jim Peterson, Chairman of the Running Committee, supplied the names of OCC members who participated in the Honolulu Marathon.

Hugh Murray was the first OCC finisher with a time of 2:48:56. Gil Hicks was 2nd in the 50-59 division with a time of 2:54. Carol and Scott Ferguson were 2nd in the mother-son division.

Other Club members participating were: John Butler, Patrick Caldwell, Rudy Choy, Bob Corboy, L. Dodge, Tim Dougherty, Linda Davis, Norman Dunmire, Lesley Ferguson, Scott Ferguson, Jackie Furoderun, Jed Gaines, Gil Hicks, Patsy Hicks, Tom Hill, Sharon Hughes, John Kelleher, Richard Libby, Ann Libby, Richard Lowe, Fred Lowery, Dave Monahan, Hugh Murray, Dennis Mahoney, Steve Moder, Ed Moore, George Pray, T. Reynold, G. W. Starbuck, Bill Stricklin, Cricket Stricklin, Walt Shulits, Ken Stehouwer, Grant Senner, Cassie Senner, Jack Scaff III, Jack Scaff, Donna Scaff, Dennis Torres, Kim Thompson, Carole Wilbur, Meade Wildrick, Linda Davis, David Day, Janet Day, James Krueger.

# Homes Away From Home

Just as your Outrigger Club is a second home in Hawaii, so our affiliated clubs can be havens when you're traveling in many parts of the Mainland, Canada and several other countries. To remind members of the availability of these clubs, we provide here a listing of Mainland clubs.

Introductory cards are available to all members in good standing except those in Junior and Inactive classifications. The cards may be obtained from the Business Office for a charge of 50 cents. Your current Outrigger Canoe Club membership card must be presented when registering at reciprocal clubs.

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## Affiliated Clubs

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### Arizona

Phoenix *Arizona Club*  
Tucson *Old Pueblo Club*

### California

Bakersfield *Petroleum Club of Bakersfield*  
Los Angeles *The Los Angeles Athletic Club†*  
Los Angeles *The University Club of Los Angeles*  
Newport Beach *The Balboa Bay Club†*  
Pacific Palisades *Riviera Country Club†*  
Palm Desert *Shadow Mountain Resort and Racquet Club†*

Pebble Beach

San Francisco

San Francisco

San Francisco

San Francisco

San Francisco

Santa Barbara

### Colorado

Colorado Springs  
Denver

Denver

### Hawaii

Hilo  
Maui

### Illinois

Chicago

### Michigan

Detroit

### Missouri

Kansas City

Kansas City

### New York

New York City

*The Beach and Tennis Club Metropolitan Club†*

*The Olympic Club\*†*

*The Press Club of San Francisco†*

*St. Francis Yacht Club*

*Women's City Club of San Francisco*

*Coral Casino Beach and Cabana Club†*

*El Paso Club Denver Athletic Club†*

*The Denver Petroleum Club*

*Hilo Yacht Club Maui Country Club*

*Chicago Athletic Association*

*Detroit Athletic Club†*

*The Carriage Club, Inc.*

*The Kansas City Club†*

*New York Athletic Club†*

### Ohio

Cleveland

### Oklahoma

Tulsa

### Oregon

Portland

Portland

### Pennsylvania

Pittsburgh

Philadelphia

### Washington

Seattle

Seattle

Seattle

Spokane

Tacoma

Tacoma

### Wisconsin

Milwaukee

\*Men Only

†Residential accommodations

There is a 50¢ charge for each introductory card issued.

Current Outrigger Canoe Club membership card must be presented when registering at reciprocal clubs.

*Cleveland Athletic Club†*

*Tulsa Club*

*Aero Club of Oregon*

*Multnomah Athletic Club*

*Pittsburgh Athletic Association\*†*

*The Union League of Philadelphia\*†*

*College Club of Seattle*

*Seattle Yacht Club*

*Washington Athletic Club†*

*Spokane Club†*

*Tacoma Club*

*The University-Union Club of Tacoma*

*Milwaukee Athletic Club†*

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FUTURE OCC BEACH BRATS  
Who knows . . . perhaps there's even a potential Winged "O" in this sand-and-sea-happy group. Front row, from left: Rene Mailer, Mathew Hall, Media Ostrom, Jimmy Austin, Patrick Mason, James Ryan Pierson. Back row: Koa Ostrom, Diana Austin, Erin Berg. The youngster standing was not named by the photographer

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**JOLLY VISITORS:** As some 240 wide-eyed youngsters waited impatiently, Santa Claus arrived via outrigger canoe bearing gifts for the keikis. It was *this* Santa's 15th visit to the annual event, one of the most popular on the Club social calendar.

## Tales of Outrigger's Past

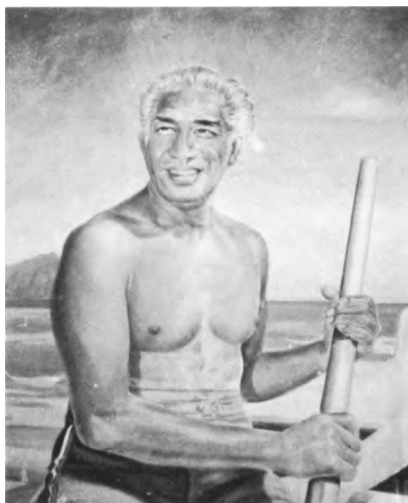
When Club founder Alexander Hume Ford departed the Island unexpectedly for a lengthy Mainland stay, Judge Sanford B. Dole, first governor of the Territory of Hawaii, assumed the helm as president of the young club, with Ford named "vice-president in absentia."

Judge Doyle's administration saw the construction of a big new pavilion and clubhouse, marking the Club's gradual transition from an aquatic sports club for men and boys to the more exciting concept of a sports and social organization. At this time, too, the question of amateurism came to the fore. Sports enthusiasts began pushing for membership in the U.S. Amateur Athletic Union, and the Club and other local organizations were granted a charter as the Hawaiian Association of the A. A. U.

Competitive swimming was just becoming popular as a spectator sport and Australian swimmers had developed the Australian crawl. Then came the 1912 Olympics in Stockholm, when a young Hawaiian swimmer named Duke

Kahanamoku set a new world record in the 100-meter freestyle, outdistancing the Australians and amazing the world with his new Hawaiian crawl, in which the feet added tremendous propulsion power to that of the arms.

Just as Dole's presidency was a turning point in the Club's early history, so another man was to contribute



Duke

immeasurably to the Club's development, especially in the area of athletics. He was George David Center—better known as "Dad." A natural athlete whose specialties were rowing, swimming and surfing, he joined the Outrigger in 1917 and was later appointed Club Captain, a post he held until 1938 when he relinquished some of his responsibilities to become Honorary Captain. It was under Dad Center's tutelage that OCC swimmers, paddlers, surfers and even volleyball teams gained prestige and victories.

Today's annual Dad Center Race for women paddlers is a lasting tribute to this great athlete, who died in 1962. He was buried with traditional beachboy ceremonies in the waters off his Diamond Head home.

So with Founder Ford, Judge Dole, Duke and Dad, the Outrigger Canoe Club was on its way. But there were others still to come who would add to the Club's development and lead it into a new era. We'll bring you their stories, as told in *The Outrigger*, the club history compiled by Harold H. Yost.

# New Members

The following members were elected to membership by the Board of Directors on December 18, 1980:

## **Juniors:**

Mitchell H. Silver  
Mollie T. Anderson

The following members were transferred from one classification to another:

## **Intermediate to Non-Resident:**

Kathryn M. Stanford  
Barbara Anderson

## **Non-Resident to Regular:**

Stephanie Chillingworth

## **Associate to Intermediate:**

Clifford Kapololu, Jr.

## **Intermediate to Regular:**

Richard J. O'Donnell  
Ilmar Tarikas  
Cynthia P. White

## **Junior to Associate:**

Chad Martin  
Robert S. Neville  
Lorrin E. Rodrigues  
Alicia A. White

## **Regular to Non-Resident:**

E. H. McCaughan

## **Missing Persons Bureau**

The business office has no current address for the following members. If you know their whereabouts, please notify us.

### **Intermediate**

Benjamin Popper

### **Associate**

Maile C. Morgan

### **Non-Resident**

Marita Collins  
Don A. Grant  
Dorene J. Roepke  
Bob Schirman

## **Management Sez**

Guest cards will be issued to friends and relatives *only* when requested in person or in writing. Telephoned requests will not be accepted. This is for members' protection against misuse of guest privileges, as the member host is responsible for all charges incurred at the Club by his or her guest.

Effective immediately, mail for members will be held at the Club only for 30 days and then will be returned to sender. The influx of mail makes this new ruling necessary.

And any articles left at the Club for other members should bear the name and address of the person leaving the article. This will facilitate return of the article if it is not claimed.

## **the Outrigger**

### **Published monthly by the Outrigger Canoe Club**

2909 Kalakaua Avenue at Diamond Head  
Honolulu, Hawaii 96815 Phone: 923-1585

### **Officers and Directors:**

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Thomas Arthur Reiner, *Treasurer*  
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Benjamin B. Cassidy, *Secretary*  
William C. Capp, *Asst. Secretary*

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Gordon W. Bradley, *Buildings and Grounds*

Robert L. Moore, *House*  
Robert L. Vieira, *Admissions/Membership*  
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Richard Lazarski, *Asst. Manager*  
Mary Horikami, *Dining Room Manager*  
William Teruya, *Executive Chef*  
Barbara Annis, *Controller*

### **Outrigger Staff:**

Marty Buckley, *Editor*  
Cindy Turner, *Designer*

ON THE COVER: R. Alex Anderson's composition is the new Outrigger Club song.

## **The Outrigger Canoe Club**

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Honolulu, Hawaii 96815

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